

Water Safety Concepts

Injury & Violence:

- 1) importance of adult supervision
 - never go in the water without adult supervision, lifeguard nearby, or a buddy
 - lifeguard is your friend
 - how to get help: calling # 911, waving for help, what info. to give
- 2) precautions when entering and being around the water
 - know the rules at the pool and beach
 - hazard identification
 - beach/pool signs
 - SOAK (study, observe, ask a lifeguard, know your limits)
 - feet first, first time
 - hazardous marine life (jellyfish, man-o-war)
 - weather conditions (currents, high surf, waves)
 - know your equipment (bodyboards, surfboard, etc.)
 - personal floatation devices (life jacket)

Physical Activity:

- 3) strategies for protection from cold, heat, and sun during activity
- 4) signs of physical limitations -- SOAK (study, observe, ask a lifeguard, know your limits)

Personal & Consumer Health:

- 5) safe sun practices:
 - SLIP (on a hat)
 - SLAP (on a shirt)
 - SLOP (on some sunscreen)
 - SLIDE (on some sunglasses)
 - SLITHER (into the shade)
- 6) how to minimize effects of sunburn
- 7) what is skin cancer

HCPS II Health Standards

- #1 Students comprehend concepts (water safety) related to health promotion and disease prevention.
- #2 Students access valid health information and health-promoting products and services.
- #3 Students practice health-enhancing behaviors and reduce health risks.
- #4 Students analyze the influence of culture, media, technology, and other factors on health.
- #5 Students use interpersonal communication skills to enhance health.
- #6 Students use goal-setting and decision making skills to enhance health.
- #7 Students advocate for personal, family, and community health.

HEALTH STANDARD	WATER SAFETY CURRICULUM	ASSESSMENT
<p>#1 Students comprehend concepts (water safety) related to health promotion and disease prevention.</p>	<p><u>Injury & Violence:</u></p> <p>1) importance of adult supervision:</p> <ul style="list-style-type: none"> • never go in the water without adult supervision, lifeguard nearby, or a buddy • lifeguard is your friend • how to get help: calling # 911, waving for help, what information to give <p>2) precautions when entering and being around the water:</p> <ul style="list-style-type: none"> • know the rules at the pool and beach • hazard identification <ul style="list-style-type: none"> o beach/pool signs o SOAK (study, observe, ask a lifeguard, know your limits) o feet first, first time o hazardous marine life (jellyfish, man-o-war) o weather conditions (currents, high surf, waves) o know your equipment (bodyboards, surfboard, etc.) o personal floatation devices (life jacket) <p><u>Physical Activity:</u></p> <p>3) strategies for protection from cold, heat, and sun during activity</p> <p>4) signs of physical limitations -- SOAK (study, observe, ask a lifeguard, know your limits)</p> <p><u>Personal & Consumer Health:</u></p> <p>5) safe sun practices: SLIP (on a hat) SLAP (on a shirt) SLOP (on some sunscreen) SLIDE (on some sunglasses) SLITHER (into the shade)</p> <p>6) how to minimize effects of sunburn</p> <p>7) what is skin cancer</p>	

HEALTH STANDARD	WATER SAFETY CURRICULUM	ASSESSMENT
#2 Students <u>access</u> valid health information and health-promoting products and services.		
#3 Students <u>practice</u> health-enhancing behaviors and reduce health risks.		
#4 Students <u>analyze</u> the influence of culture, media, technology, and other factors on health.		
#5 Students <u>use interpersonal communication skills</u> to enhance health.		
#6 Students <u>use goal-setting and decision making skills</u> to enhance health.		
#7 Students <u>advocate for</u> personal, family, and community health.		